



MONDAY

Sheet Pan Shrimp and Veggies



TUESDAY

Chicken Barley Soup



WEDNESDAY

Grilled Ribeye



THURSDAY

Zucchini Ravioli



FRIDAY

Grilled Huli Huli Chicken



SALAD OF THE WEEK

Green Cabbage Cucumber Salad



SENSATIONAL SNACK

Tomato Galette



SHOPPING LIST

MEAT / SEAFOOD

- ☐ Jumbo shrimp: 1 lb (M)
- ☐ Chicken thighs: 4 lbs (T, F)
- ☐ Ribeye steak: 24 oz(W)

DAIRY / REFRIGERATED

- ☐ Ricotta cheese: 16 oz (TH)
- ☐ Parmesan cheese: ½ cup (TH)
- ☐ Mozzarella cheese: 1 cup (TH)

PRODUCE

- ☐ Garlic: 2 cloves (F)
- ☐ Onions: 1 (T)
- ☐ Red bell pepper: 1 (M)
- ☐ Zucchini: 3 (M, TH)
- ☐ Red onion: 1 (M)
- ☐ Broccoli florets: 3 cups (M)
- ☐ Carrots: 3 (T)
- ☐ Celery: 2 ribs (T)
- ☐ Parsley: 1 bunch (T)
- ☐ Basil : 1 bunch (TH)
- ☐ Ginger: 1 tsp (F)

PANTRY / OTHER

- ☐ Salt: 4 tsp (T, W)
- ☐ Ground black pepper: 1 tsp (T)
- ☐ [Chicken broth](#): 8⅓ cups (T, F)
- ☐ Soy sauce: ½ cup (F)
- ☐ Pearl barley: ¾ cup (T)
- ☐ Garlic parsley salt: 2 tbsp+ 1 tsp (M, TH)
- ☐ Oil: 3 tbsp (M, T)
- ☐ Bay leaves: 2 (T)
- ☐ Pasta sauce: 25 oz (TH)
- ☐ Pineapple juice: 1 cup (F)
- ☐ Ketchup: ½ cup (F)
- ☐ Brown sugar: ½ cup (F)

NOTES:

- If you're planning to make any of the secondary suggested recipes (including the "Salad of the Week" and "Sensational Snack"), make sure to add those ingredients to your shopping list.
- Don't forget to add the usual snacks and fruit to your grocery list, too! Fruits, nuts, cheeses, and yogurt are my regulars.